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Portion Control

Making good choices is better for your weight and can also help you feel better. Try to be aware of the time of day, place, and your mood while eating. Some people overeat when stressed, upset, or bored. To be fully aware of your digestion system, drink a full glass of water before eating, and when you snack, choose a healthier option.

- Figure out how big your current portions are. Pour your cereal into your regular bowl as you normally would. Then, pour it into a measuring cup. How many cups of cereal do you eat each day versus what the appropriate serving size is?
- Use measuring cups and spoons as serving utensils for things like cereal, pasta, rice, sauces, oils, sugar, ice cream, and any other calorie-dense foods.
- Start by portioning out small amounts to eat and drink. Only go back for more if you are still hungry.
- Pay attention to feelings of hunger. Stop eating when you are satisfied, not full. It can take up to 20 minutes for your brain to register that you are full!
- Use a smaller plate, bowl, or glass. One cup of food on a small plate looks like more than the same cup of food on a large plate.
- It is important to think about portion sizes when eating out since portions can be double or even triple a suggested serving size. When in doubt—take some home!

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